

Cardio Kickboxing



CardioKick is a group fitness class that combines basic punching and kicking techniques with a safe cardiovascular workout. This high-energy class offers an excellent workout for both beginners and elite athletes. Experience increased cardiovascular endurance, flexibility, strength, agility and coordination while burning a ton of calories and having a blast! Drop in for a class Wednesday evenings for only \$5!

Time: Wednesdays 6:30-7:30pm

Age: 18 years and up

Course Fee: \$5/session

No preregistration available. Please arrive early to get signed up!



RALEIGH Parks,
Recreation *and*
Cultural Resources
parks.raleighnc.gov

Biltmore Hills Community Center
2615 Fitzgerald Drive
Raleigh, NC 27610
(919) 831-6895

